



## Information on Physicals

Dear Parent(s) of High School Student Athletes,

The Utah High School Athletics Association (UHSAA) now requires that all student athletes have a pre-participation physical exam **each** calendar year.

Historically, many pre-participation physicals have been completed in a large group setting where quick, non-personal exams are done and paperwork signed. While this is commonly offered for convenience it is not necessarily the best medical approach.

### Our Team and Our Approach to Physicals

Our medical team offers comprehensive sports medicine services with both orthopedic surgery and primary care physicians who specialize in sports medicine. We are able to provide an extensive breadth of medical care including management of sport related injuries and primary care needs for student athletes.

**To provide the best medical care, we recommend your student athlete be seen for an annual preventative visit in a standard clinical setting.** This allows adequate time to review medical history and perform a thorough physical exam. It also allows time to discuss any health problems your student athlete may have, such as asthma, acne, or other concerns. Many teenage student athletes prefer seeing a physician whose practice is focused on athletes. Improved coordination of care with your school and coaches is another great benefit.

### Annual Preventative Visits are Free to You

If it has been more than a year since your student athlete's last annual preventative visit, we recommend you schedule one. These are almost always covered 100% by insurance. As part of the visit we will complete your sports physical forms.

### Limited Sports Physicals

While we recommend annual preventative visits, we do offer limited sports physicals. These visits are limited to sport related preventative screening but are adequate for the requirements of the sports physical paperwork. Presently, these are being provided for \$25. Scenarios where a limited sports physical is acceptable:

- If your student athlete sees another primary care provider regularly and you plan to schedule an annual preventative visit with that provider.
- If you have already had an annual preventative visit within the last calendar year.
- If we are out-of-network for your insurance plan.

### What You Need to Do

1. Call for appointment. Call 801-748-1861 or 801-533-2002. Inform the receptionist you need an appointment for an annual physical with Dr. Kirk or Dr. Cosgrave.
2. Bring with you to your appointment:
  - a. Pre-participation History and Physical Form. Please complete pages 1-3 prior to the visit. Page 4 is for us. Be sure to review the concussion handouts in this packet and sign that you have read them on page 2.
  - b. New Patient History Form. Please complete prior to visit.
  - c. Insurance card.
3. Parents, please accompany your student athlete to the appointment. Medical and family history is more accurate when provided by parents. Also, we are not allowed to see minors without consent from a parent/guardian.
4. Don't procrastinate. Let's get everything taken care of long before any deadline and avoid the rush.
5. Have a great year!

### Location

Comprehensive Orthopedics & Sports Medicine  
Jordan Commons Office Tower  
9350 S. 150 E. Suite 460 (4<sup>th</sup> floor)  
Sandy, Utah, 84070